

## **BPS Northern Ireland Branch Annual Conference March 2018**

### **Keynote: Supporting people with intellectual disabilities in constructing positive identities**

**Katrina Scior, UCL**

Psychologists have long been debating whether encouraging people with intellectual disabilities to “accept” their intellectual disability is a painful yet essential part of supporting them to develop a positive social identity, or whether the intellectual disability label is so ‘toxic’ that focusing on it is disempowering and potentially harmful. This talk will set out what we know about how people with intellectual disabilities construct their social identities in addressing this question. Different approaches that have been explored in research and clinical practice to enable people with intellectual disabilities to develop a positive sense of self will be briefly presented, alongside a more in-depth look at Standing up for Myself (STORM), a new psychosocial group intervention that Katrina’s group has developed and is currently piloting.

### **Biography**

Katrina Scior, BSc ClinPsyD PhD, is a clinical psychologist, trainer and researcher, with special expertise in the area of intellectual disability. She is Senior Lecturer in Clinical Psychology at University College London (UCL), Fellow of the British Psychological Society, Director of the UCL Unit for Stigma Research (UCLUS), and Co-Director of the UCL Centre for Research in Intellectual & Developmental Disabilities (CIDDR).

She has published widely in the field of intellectual disability, mainly focused on stigma and inclusion, and mental health needs and service provision. Her research aims to increase our understanding of stigma in relation to intellectual disability and mental health problems, and to develop effective interventions to tackle both public and self-stigma in these areas. She is joint editor with Shirli Werner of *Stigma and Intellectual Disability: Stepping out from the Margins* (2016). Alongside her work designed to empower members of stigmatised group to resist prejudice and discrimination themselves, Katrina advises several national and international organisations, including Mencap and Special Olympics, to ensure that stigma at the institutional and broader societal level is tackled.

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